



## Program Highlights for the upcoming 2013 NAMI National Convention

The 2013 NAMI National Convention is just around the corner!

[Be sure to [register by May 31](#) to qualify for the early bird rate.]

We have a terrific group of speakers scheduled for this year's convention, held June 27-30, in San Antonio. If you missed any of our previous coverage of the convention, here is a great way to acquaint yourself with the [outstanding program](#) we have planned.



### **Navigating Mental Health: A Tale of Two Families**

Saturday, June 29

Family members and friends are often the first to realize when someone has an emotional problem, but it is hard to know how to help or where to turn. How can you tell that someone has a problem that is not simply a passing phase? What are the first and best steps for you to take? Where can a family go to find the right care, and how can you judge whether the care delivered is good? Dr. Lloyd Sederer, author of the new book [A Family Guide to Mental Health Care](#), will portray a tale of two families: one that finds answers to these and other questions, and one that has yet to find its way. *Dr. Sederer is a frequent contributor to the Huffington Post.*



### **Putting People in the Bipolar Driver's Seat**

Saturday June, 29

Bipolar disorder affects more than 10 million Americans. More than one-half of all cases begin between the ages 15-25. The condition includes high and low mood swings between mania and depression. Energy levels and the ability to think clearly become unstable. Symptoms can lead to high-risk behavior or damage personal, school, work or financial relationships. Dr. Charles Bowden, an expert on bipolar disorder, will explore the importance of

partnership, self-awareness and treatment strategies at the convention on June 28.



### **Can Combining Therapies Have a Synergistic Effect?**

Saturday, June 29

NAMI talked to Natalie Maples, M.A., L.P.A., about multimodal cognitive therapy, a therapy based on novel adaptations of evidence supported psychosocial treatments for schizophrenia. Maples is a faculty specialist in the department of psychiatry at the University of Texas Health Science Center. Her area of concentration is on the implementation of psychosocial treatments and liaising with community mental health clinics and government agencies. She has worked to adapt psychosocial treatments to special populations for over a decade.



### **NAMI Honors Vancouver Canucks for Mental Health Awareness Campaign; Commends National Hockey League**

Friday, June 28

NAMI has selected the Vancouver [Canucks](#) of the National Hockey League (NHL) to receive one of its highest honors for leadership in raising public awareness of mental illness. We are delighted the representatives of the NHL will be with us in San Antonio to accept this important award.



### **Relationships: Where Treatment and Recovery Begins**

Friday, June 28

Xavier Amador, Ph.D., author of the acclaimed [I'm Not Sick, I Don't Need Help](#) and founder of the internationally acclaimed LEAP® Institute, will be giving a special presentation from 7:30-9:30 p.m. on June 28 at the [NAMI National Convention](#). [LEAP](#) ("Listen-Empathize-Agree-Partner®") shows individuals how to quickly gain the trust of someone and improve their relationships and was developed to teach families, health professionals and first-responders how to better help people with mental illness.



### **The Depression Boom: As U.S. Population Ages, Mental Illness Rises. One Doctor's Focus to Treat Older Adults**

Sunday, June 30

With Baby Boomers reaching late adulthood, the chance for developing depression, anxiety and other mental illnesses could rise. Depression affects more than 6.5 million of the 35 million Americans aged 65 years or older. Dr. Dilip Jeste, a keynote presenter at this year's convention, addresses the needs of older populations when it comes to mental illness. Dr. Jeste specializes in late-onset schizophrenia, depression in older populations and psychosis.



### **Emerging Technologies to Improve Care**

Friday, June 28

Ken Duckworth and Keris Myrick recently talked to NAMI about the latest on emerging technologies to improve care as well as their own personal experience on online tools to improve self-management of mental illness.



### **And many more top speakers**

Including Margarita Alegria, Ph.D.; Leon Evans; Grayson Norquist, M.D.; John Oldham, M.D.; Alan Peterson, Ph.D.; Carol Tamminga, M.D.; Jill Taylor, Ph.D.; Stephen Pliszka, M.D.; Madhukar Trivedi, M.D.; Dawn Velligan, Ph.D.; and Robert Whitaker.



See the [Convention Program](#) for more details.

*[Learn more](#) about all the great program offerings at the 2013 NAMI National Convention.*

**For more information on the 2013 NAMI National Convention please visit [www.nami.org/convention](http://www.nami.org/convention)**